



WHITEBOARD – Not Enough vs. Too Much!

Activity In Question	NOT ENOUGH!	TOO MUCH
Sitting / Standing	~<1 Hours / Day	~10> Hours / Day
Walking / Gaiting	~<1 Hour / Day	~10> Hours / Day
Working	(Financial/Time Related)	50+ Hours / Week
Exercising	<1x/week or month	(Frequency/Intensity Related)
Stress	Not Lately, “Relaxed”, Mellow	Way Too Much Lately! Dying!
Stretching	~<1x/week or month	(Frequency/Intensity Related)
Screen Time	Is it really necessary?? <2hrs/day	10+ Hours / Day, MY EYES!!!
Water Intake	<3 Glasses of Water / Day	20+ Glasses / Day,
Eating	(Dependent on Height, Goal)	(Dependent on Height, Goal)
Procrastinate	Time To Self, Self Improvement	Putting Off Tasks, Avoiding Life
Shopping	Can't Afford To? Are you able to afford food, a roof over your head?	Potential Direct Consequences (Unless you can afford it)
Sleeping	Sleep Deprivation, Insomnia	Hypersomnia, Oversleep
Urination	Oliguria (Low Urine Output)	Polyuria (High Urine Output)
Defecation	Constipation (Low Poop Output)	Diarrhea (High Poop Output)
Sugar (Carb) Intake	Having Little to No Energy	Diabetes
Salt Intake	Feeling Nauseous, Dizzy, Unwell	Water Retention, High Blood Pressure
Potassium Intake	Increase Blood Pressure, Cause Kidney Stones, Abnormal Heart Rhythm, Constipation, Increased Urination, Muscle Weakness	Heart Palpitations, Chest Pain, Weakness, Nausea, Muscle Pain / Cramps, Trouble Breathing
Calcium Intake	Osteoporosis	Hypercalcemia
Iron Intake	Iron Deficiency (Fatigue, Weakness, Pale Skin, Shortness of Breath, Headaches, Dizziness)	Hemochromatosis (Organ Failure, Dementia)
Money	Poor	Rich
Homes	Homeless	Landlord
Rain	Drought	Flood
Breathing	Dyspnea, Suffocation	Hyperventilation
Drinking Water	Dehydrated	Over-Hydrated, Drowning

All of these considerations are necessary for us to live. I am definitely missing some. Doing or having too much is not always good, however having nothing helps no one, unless you can help yourself. If we learned and applied the basics of survival from the getgo, we wouldn't need to see a doctor for things with simple solutions.